



Learn about our classes, activities, students, and staff

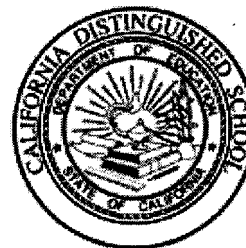
[Office](#)
[Newsletter](#)
[Yearbook](#)
[Arts & Crafts](#)
[Music](#)
[Alumni](#)
[Events](#)
[Community](#)
[Thanks](#)

[Panorama](#)

[AWS Weather](#)

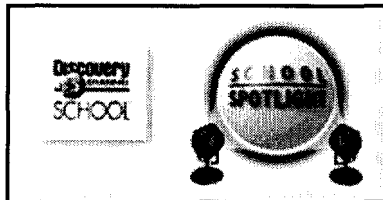
Captain Cooper School, a K-5 school nestled in the Santa Lucia Mountains of Big Sur, is located 26 miles south of Carmel on California State Route One. Watch for a gated entrance with one of Big Sur's distinctive split-rail fences. Surrounded by mountains, the school sits some 500 feet above the entrance to the Big Sur Valley. Seasons here are subtle. Our site is also home to the Apple Pie Preschool. Together the schools have just under 90 students. Captain Cooper is named for John Baptista Rogers Cooper. The school is proud to have an Historical Mural on the wall of its Outdoor Stage. Big Sur Artist Reed Cripe set the work in the the 1820s, the time of Captain Cooper's arrival on the Big Sur Coast. Our campus was constructed in 1962 on land donated by Cooper's granddaughter, Frances Molera. The State Department of Education designated Captain Cooper a California Distinguished School in 1989.

Captain Cooper is the smallest elementary school in the Carmel Unified School District. Carmel River School in Carmel and Tularcitos in Carmel Valley make

[Preschool](#)
[Kindergarten](#)
[1st Grade](#)
[2nd Grade](#)
[3rd Grade](#)
[4th Grade](#)
[5th Grade](#)
[ESL/Spanish](#)
[P. E.](#)
[Garden](#)


up the other two elementary schools. Following graduation from Captain Cooper, most students attend Carmel Middle School located near the entrance to Carmel Valley and Carmel High School or Carmel Valley High School.

A Thousand Talents Awaken



Contact: Captain Cooper School Web Development
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Top of Page

Esalen

Big Sur, CA 93920 • 831-667-3000

OFFICE HOURS

MON, TUES, THURS & SAT: 9 AM - 3 PM
 WED: 9 AM TO 12 NOON
 FRI: 9 AM TO 8 PM
 SUN: 9 AM TO 10 AM,
 12 NOON TO 3 PM

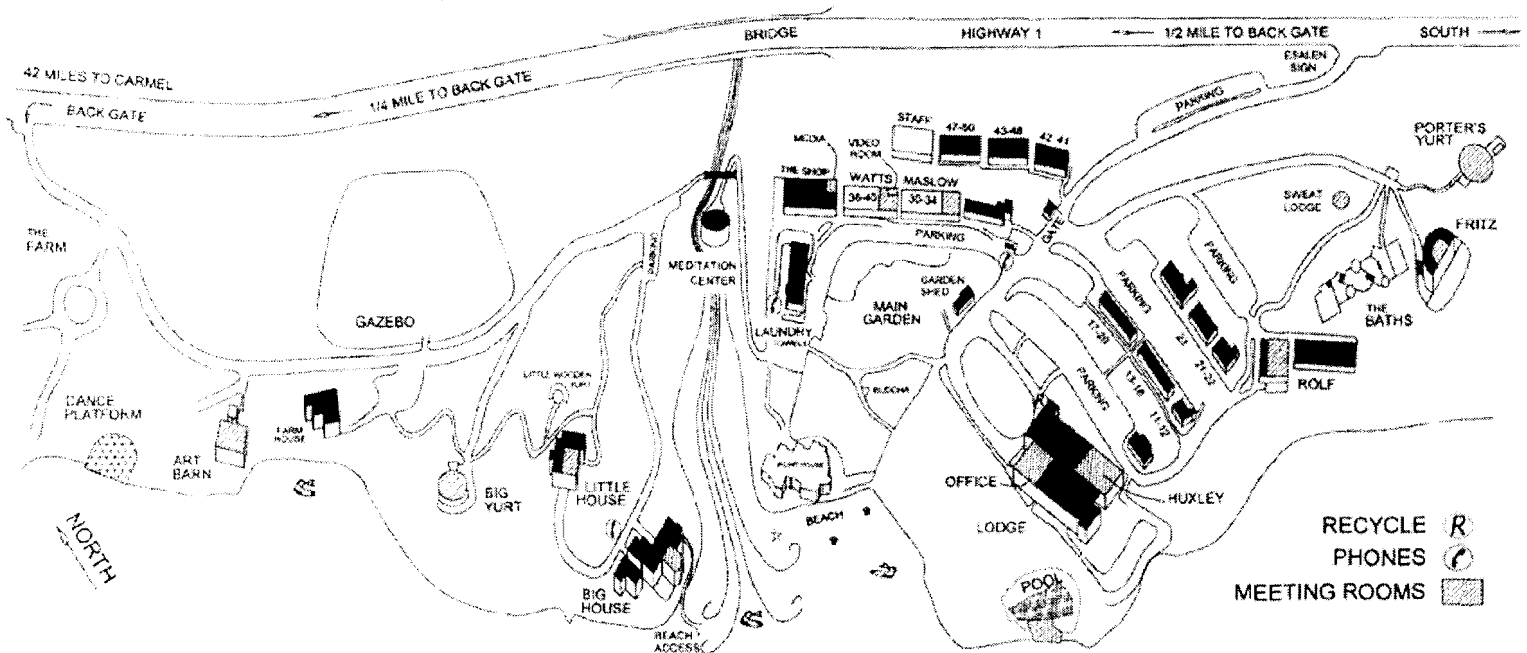
ORIENTATION
 7:45 PM FRI & SUN ONLY

BOOKSTORE ONLY

MON, TUES, WED, THUR & SAT
 6:30 PM TO 8:00 PM

MEAL HOURS

BREAKFAST: 8:30 TO 9:45
 LUNCH: 12:30 TO 1:45
 DINNER: 6:00 TO 7:30
 SUN BRUNCH: 12:15 TO 1:30



Information

Esalen[Defining Esalen](#)[In the Air](#)[The Place](#)[Workshops](#)[Home](#)

The Gazebo School Park Early Childhood Program

The Gazebo School Park is a unique educational experience for children one to six years. It is open year-round and has an average of 15 to 20 children in attendance each day.



The Early Childhood Program is available to seminarians who would like child care at Esalen. Child care is provided during workshop hours only. Daytime activities for the children include gardening, pony rides, learning about animal care, exploring nature, a real boat, the magic castle, and an Indian tepee. Evenings are spent with a teacher in the Gazebo Farmhouse, engaged in activities that are age appropriate, such as reading, learning and playing with the computer, baking, arts and crafts, or building-block play.

Reservations should be made at least a month in advance. Call the Gazebo Farmhouse, 831-667-3026, for more information and reservations.

Weekend \$250

Week \$450

Internship Program:

This is a three-month program for those who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources. The Internship Program offers experience with children, the Gazebo environment, and its teaching philosophy. Applicants must have completed at least three work scholar months at Esalen before being considered for this program.

Call the Gazebo Farmhouse, 831-667-3026, for more information or reservations.

First month \$450

Second month \$400

Third month \$350

[More information](#) on the Gazebo.

[Home](#) | [Information](#) | [In the Air](#) | [The Place](#) | [Workshops](#) | [Sitemap](#)

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Information

Esalen

[Introduction](#)

[In the City](#)

[The Place](#)

[Workshops](#)

[Events](#)

General Information



The Esalen Institute was founded in 1962 as an alternative educational center devoted to the exploration of what Aldous Huxley called the "human potential," the world of unrealized human capacities that lies beyond the imagination. Esalen soon became known for its blend of East/West philosophies, its experiential/didactic workshops, the steady influx of philosophers, psychologists, artists, and religious thinkers, and its breathtaking grounds blessed with natural hot springs. Once home to a Native American tribe known as the Essalen, Esalen is situated on 27 acres of spectacular Big Sur coastline with the Santa Lucia Mountains rising sharply behind.

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. Prior **Reservations** are always essential. The weekend and five-day workshops described throughout the **Workshops** section of the catalog are the standard route for coming to Esalen. The **Experiencing Esalen** workshops, scheduled periodically, offer an introduction to practices such as Gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a greater involvement at a lower expense is the **Work Study Program**, an intensive twenty-eight day work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth, and a contribution to the Esalen community.

For those who wish an extended stay, there are periodic long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see **Special Programs**.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other events. **Bodywork** of various kinds is available by appointment with individual practitioners. There is also a community event schedule offered. Please check the bulletin board when you arrive.

Esalen is a center for experimental education. We offer neither psychotherapy nor assurances of change.

Catalog Subscriptions

If you would like to receive the printed Esalen Catalog via mail, subscription cost for one year is \$15 for the United States, and \$25 for all other countries. Send your check or money order (U.S. currency) to: Subscriptions, Esalen Institute, Big Sur, CA 93920.

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment we strive for at Esalen is one of personal sanctuary and respect for the human body.

The Baths: A Progress Report

Monday, October 15, 2001. The sandstone floor has been laid. The rock walls of the outdoor baths are finished. The white porcelain clawfoot tubs have been installed. The fiber-optics lighting system, designed to recreate candle-lighting, is ready to be hooked up. The simple elegance of architect Mickey Meunnig's design is evident from every angle. The new Esalen baths are tantalizingly close to completion. And yet....

The pace of work at one of the world's most challenging construction sites has been slowed as Esalen has run up against predicted cost overruns. Taking the responsible path, we have elected to continue construction at a rate newly commensurate with our budget limits.

The entire reconstruction project—the baths and the stabilization of the slope above the baths—is estimated at over \$4 million. Should you wish to make a contribution, send your tax-deductible donation to Baths Restoration c/o Esalen.

Please note: Although we are taking extraordinary precautions to keep noise to a minimum, we expect some unavoidable construction disturbances during the bath restoration project. We ask for your understanding and hope that you will support us by continuing to come to Esalen during this time.

You can check out the [newly refurbished baths](#) at Esalen.

2002 Esalen Calendar

You can now purchase a limited-edition Esalen calendar, commemorating our 40th anniversary. Featuring thirteen full-color photographs, along with a brief history of Esalen and a page of historical black-and-white photos from Esalen's archives, the calendar is available in our bookstore or via mail order (call 831-667-3049).

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curricula; check with your university or college. We would be glad to supply information to your school regarding any of our programs or series of programs.

Continuing Education at Esalen

Esalen is a provider of continuing education credits for nurses, psychologists, MFCCs, LCSWs, and massage practitioners and bodyworkers.

Approved workshops are noted in the Workshops section, as well as listed separately in the Continuing Education section. Those workshops for which approval is still pending are noted in the Workshops section only.

Disabled Access

Here at Esalen, even though many of our paths are paved, they are extremely steep due to our cliffside location. In fact, Big Sur is the steepest meeting of land and sea in the continental United States. Nonetheless, we at Esalen are committed to accommodating guests who have disabilities.

If you have a disability and think you might need assistance, and you would like to visit Esalen or participate in a workshop, please give the office as much advance notice as possible about your needs. Although we are in the process of increasing our disability access, access to some parts of our property continues to be difficult. With enough planning, arrangements can be made for access to many of our facilities.

Because of the large volume of guests at Esalen, we require a minimum of 72 hours' notice to arrange for accessible accommodations. If you will need sign language interpretation at an Esalen workshop, we require at least two weeks' notice to arrange for interpreter services. In all cases, we will do our best to assist you with your needs.

Recommended Reading and Mail Order Merchandise

Most books listed as recommended reading for workshops are available through Esalen's bookstore. All other bookstore items are also available via mail order. For ordering information please call 831-667-3049.

Ongoing Residence Program

Offered beginning mid-September and ending mid-June, the Ongoing Residence Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A Residence Program stay is 26 days (four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay with weekends free to enjoy room and board. Occasionally workshops are canceled, so second choices are advised.

The specially discounted cost is \$3,780 per 26-day period for standard accommodations and \$2,980 for bunk bed rooms. No other discounts apply.

If you cancel or change any part of your Residence Program at least five full days before its start, there will be a \$150 cancellation fee. If you cancel with less than five days' notice, the cancellation fee is \$330.

Esalen Is Tax-deductible

Contributions to Esalen Institute are tax-deductible. The expenses of attending

Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills (See Income-Tax Regulation I.162-5.)

The Long-Term Development Plan: An Ongoing Dialog

Dialogue...is a conversation with a center, not sides. It is a way of taking the energy of our differences and channeling it toward something that has never been created before.

—William Isaacs,
Dialogue and the Art of Thinking Together

Following principles of deep ecology and sustainability, Esalen's Long-Term Development Plan continues to evolve, as all stakeholders—staff, frequent visitors, work scholars, consulting experts—share their ideas for Esalen's future. The plan—the fourth rendition thus far—calls for a somatics center, a library, and a larger meditation center, along with a renewed infrastructure. Architects, energy consultants, geomancers, sustainable land use planners, and other leading thinkers have donated their time and expertise to finding solutions that will help a rededicated, environmentally sound Esalen become a reality.

Mid-Point House Available to Esalen Guests

Esalen's Mid-Point House is now available as an upgraded accommodation alternative for seminarians and room and board guests. Nestled behind the lush Esalen Garden at the edge of the coastal cliff, the Mid-Point House features a redwood deck overlooking the Pacific, a comfortably furnished living room, and a full kitchen.

For details, please call the Esalen office at 831-667-3000.

[Home](#) | [Information](#) | [In the Air](#) | [The Place](#) | [Workshops](#) | [Sitemap](#)

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Workshops and Other Programs

Esalen

Introduction

In the Air

The Place

Workshops

History

Continuing Education Programs

For Psychologists

Esalen is an approved provider of continuing education for psychologists in the State of California, accredited by the California Psychological Association (provider number ESA001). Workshops for which CE credit has either been approved or is pending are listed below. For current status information, contact Brita Ostrom at 831-667-3040.



Please note: All two-day workshops offer 10 hours of C.E. credit and all five-day or longer workshops offer 26 hours. If you wish to receive a certificate, please notify the office at the time of registration. There is a \$10 fee for each certificate of completion.

A [listing](#) of workshops with C.E. credit for psychologists is available.

For MFTs & LCSWs

Esalen is an approved provider of continuing education for MFTs and LCSWs by the California Board of Behavioral Sciences (provider number PCE403). Workshops for which CE credit has either been approved or is pending are listed below. For current status information, contact Brita Ostrom at 831-667-3040.

Please note: All two-day workshops offer 10 hours of C.E. credit and all five-day or longer workshops offer 26 hours. If you wish to receive a certificate, please notify the office at the time of registration. There is a \$10 fee for each certificate of completion.

A [listing](#) of workshops with C.E. credit for MFTs and LCSWs is available.

For Nurses

The Board of Registered Nursing has approved Esalen as a provider of continuing education for registered nurses (provider number 01152). For additional information on CE courses for nurses, contact Sherry Galloway, R.N., Continuing Education Coordinator, 831-667-3000.

Please note: All two-day workshops offer 10 hours of C.E. credit and all five-day or longer workshops offer 30 hours. If you wish to receive a certificate, please notify the office at the time of registration. There is a \$10 fee for each certificate of completion.

A [listing](#) of workshops with C.E. credit for nurses is available.

For NCBTMB Massage Practitioners and Bodyworkers

Esalen is an approved provider of continuing education for massage practitioners and bodyworkers by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider under Category A (provider number 043062-00). Workshops for which CE credit has either been approved or is pending are listed below and also noted in the Seminars section. For current status information, contact Brita Ostrom at 831-667-3040.

Please note: *All two-day workshops offer 10 hours of C.E. credit and all five-day or longer workshops offer 26 hours. If you wish to receive a certificate, please notify the office at the time of registration. There is a \$10 fee for each certificate of completion.*

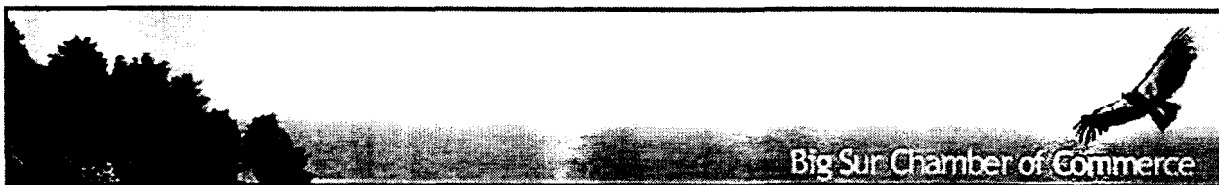
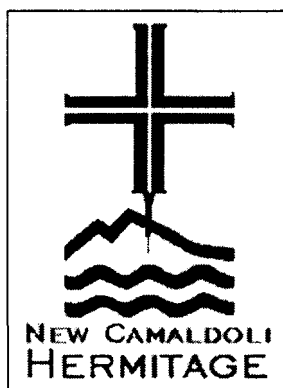
A [listing](#) of workshops with C.E. credit for NCBTMB practitioners is available.

[Home](#) | [Information](#) | [In the Air](#) | [The Place](#) | [Workshops](#) | [Sitemap](#)

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[Lodging](#)[Camping](#)[Calendar](#)[Restaurants](#)[Beaches](#)[Whale
Watching](#)[CHURCH SERVICES IN BIG SUR](#)[Big Sur Information Guide](#)[Contact Us](#)

HOUSES OF WORSHIP IN BIG SUR

NEW CAMALDOLI HERMITAGE

(831) 667-2456 New Camaldolese Hermitage is a community of Catholic Benedictine monks. You are welcome to join the monks for prayer at the following times: Eucharist Monday through Saturday 11:30 am, Sunday 11:00 am. Please call for other times

SANTA LUCIA CHAPEL

(831) 624-3883 An outdoor setting, located on Highway One near the Big Sur Campground and Cabins. Santa Lucia Chapel is a Mission of All Saints Episcopal Church, Carmel.

SAINT FRANCIS OF THE REDWOODS

(831) 624-1271 Catholic chapel. Mass 10:30 AM Sunday. Located just south of Glen Oaks Restaurant. For wedding information contact Father Carl Hanson at (831) 624-3883

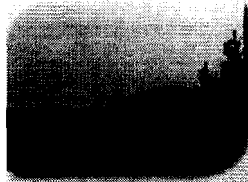
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[HOME](#)

Post Ranch Inn

Check out our
[Winter Spa Package](#)
and our
[Monthly Spa Specials](#)



[Rates & Reservations](#)



[Post Ranch Inn Tour](#)



[Events & Activities](#)

[Big Sur Community](#)



[Directions](#)

Perched atop the cliffs of Big Sur, the Post Ranch Inn provides the ultimate getaway experience for travelers wanting to take in the beauty of the Big Sur coast and all that nature has to offer.



[Contact Us](#)

[About Us](#)

[Exploring](#)

[Reviews](#)

Community

Today a community of under 1,400 residents, Big Sur is set among the ridges of the rolling Ventana Mountains at the edge of the Pacific Ocean. Long known for its dramatic coastline and rugged beauty, Big Sur has historically drawn people searching for new horizons and communion with the elements.

In 1860, William Brainard Post was one of the first to stake a claim and homestead this splendid wilderness. In time, W.B. Post ran a working ranch with thriving apple orchards and a successful livestock trade. Around him a new community sprang up comprised of other equally independent, hard-working and courageous individuals.

Together, they struck a fine balance with the forces of nature. They created and maintained a delicate equilibrium between themselves and the land, with the keynote being respect. Their lifestyle was simple and sometimes rough, yet rich in sharing and caring for one another.

[Reservations](#) | [Tour](#) | [Events](#) | [Community](#) | [Directions](#) | [Home](#)

Big Sur Chamber of Commerce

This is the official, complete, and definitive travel guide to all lodging, camping, restaurants, gift shops, and art galleries in Big Sur.

<http://www.bigsurcalifornia.org>

Hawthorne Gallery

The Hawthorne Gallery represents the artwork of the multi-talented Hawthorne family as well as the work of selected outstanding artists across the country.

<http://www.hawthornegallery.com>

Big Sur Arts Initiative

The Big Sur Arts Initiative is a nonprofit, California Corporation formed to provide cultural and artistic enrichment for children and families in Big Sur.

<http://www.bigsurarts.org>

Point Sur Lighthouse

Pt. Sur Lighthouse and its supporting lightstation buildings, now a California State Historic Park, stand atop a dramatic volcanic rock just off-shore in Big Sur, California.

<http://www.lighthouse-pointsur-ca.org>

Henry Miller Library

The Henry Miller Library houses some of the most notable writers' works in Big Sur. The library is open to the public every day.

<http://www.henrymiller.org>

Esalen Institute

Established in 1960, the Esalen Institute is a school for self improvement in a variety of areas. Built atop hot springs that seep out of the cliffs above the ocean, Esalen has long been a home to those seeking enlightenment.

<http://www.esalen.org>



[Contact Us](#)

[About Us](#)

[Exploring](#)

[Reviews](#)

U.S. Census Bureau**U.S. Gazetteer**

Select one of the following matches to your query to look at that place in the Tiger Map Browser or retrieve 1990 Census tables.

This is a searchable index. Enter search keywords:

- **Zip Code: 93920** PO Name: Big Sur (CA)
Population (1990): 1669
Location: 36.245798 N, 121.700897 W
Browse Tiger Map of area.
Lookup 1990 Census zipcode data from STF3B.

*Note: This dataset is derived from the Census GICS and does not contain unincorporated place names. For other geographic entities, try searching the USGS Geographic Names Information System. The US Gazetteer Place and Zipcode files used in this service is available for downloading.

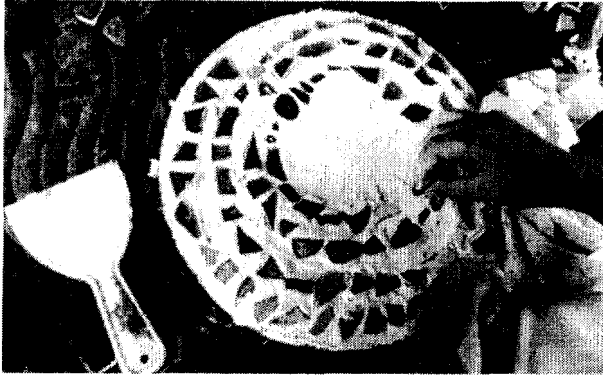
For additional information, comments and suggestions, see the Feedback page.

[Census 2000](#) | [Subjects A to Z](#) | [Search](#) | [Catalog](#) | [Access Tools](#) | [FOIA](#) | [Privacy Policies](#) | [Quality](#) | [Contact Us](#) | [Home](#)

USCENSUSBUREAU
Helping You Make Informed Decisions

In the Beginning | Board of Directors | Staff and VolunteersIn the Beginning

Early on the morning of February 4th, 1998, Big Sur families awoke to discover we had no road to town, no electricity, no access north or south. With teachers stuck on the wrong side of the slide(s), school was canceled until further notice.



Recognizing that families needed the support of school during the disaster, Lygia Chappellet and I created Escuela del Niño. Local businesses and community volunteers united to provide continuity of education to the children. Classes were held in barns and living rooms, restaurants and hotel lobbies.

We taught Natural Sciences, Poetry, Watercolor and (my favorite) "How to Multiply Fractions by Baking a Double Batch of Chocolate Chip Cookies." Children from the various youth communities (Captain Cooper, Big Sur School Project, Pacific Valley, Carmel Middle School and Carmel High School) came together to learn --- and made new friends in the process.

Though the rain stopped, the need did not. Big Sur Arts Initiative, Inc., was formed to provide long term commitment to our goals of serving the children and families of the Big Sur community. Working with service organizations from around Monterey County and with local artists, musicians, and volunteers, we are now offering a roster of after school programs, weekend intensives, and regular exposure to the visual and performing arts. As the enclosed sponsor list attests, community support has been tremendous. In November of 1998, the Turner Foundation came on board with a \$12K Youth Initiative grant as "seed money."

A year has passed since the winter storms galvanized our commitment to this project. During that year we have accomplished so much, forging partnerships with service organizations like the Lyceum of Monterey, Friends of the Big Sur Library, Monterey Museum of Art, Dance Kids, Inc., and Henry Miller Library. Our goals with this project are high - as they should be. We are privileged to live in a beautiful place. But our children are our most precious resource.

I grew up in Big Sur, hungry for the opportunities that we are now attempting to provide. It is my privilege to be part of making this dream come true. With the continued support of our community, this vision will become an on-going reality.

Board of Directors



Erin Gafill, Executive Director meets with
Lygia Chappellet, Board President- Founders

President	Lygia Chappellet
Vice President	Nancy Knapp
Secretary	Annie Soinenen
Treasurer	Tom Birmingham
Board Members	Adam Miller and Laura Velasquez

Staff and Volunteers

Executive Director	Erin Gafill
Children's Garden Director	Merrie Potter
Hidden Gardens Tour Committee	Merrie Potter Mary Trotter JoEllen Hathaway Kate Healy Ondine Meredith Gafill
Big Sur JazzFest Committee	Tom Birmingham Stan Russell Beth Peerless Aengus Wagner Peggy Giles Janet Lesniak David Dildine Neil Arbon

Weddings

The Big Sur region is a popular location for weddings. If you'd like your wedding to be in or near the Big Sur Valley area, the [Big Sur Chamber of Commerce](#) can be helpful in locating facilities, personnel, and services for you. You can obtain a California marriage license in the city of Salinas [[county recorder Web page](#)], in the city of San Luis Obispo [[county clerk Web page](#)], or in other public facilities in the state.

Local radio

[KUSP-FM](#), a community radio station based in Santa Cruz, provides (by means of two repeaters) the only broadcast radio signal available in much of the Big Sur region. From [Carmel Highlands](#) to [Point Sur](#) and in Palo Colorado Canyon (including [Bottchers Gap](#)), KUSP-FM can be heard at 91.3 FM. In the [Big Sur Valley](#) area and south as far as [Gorda](#), it can be heard at 105.9 FM.

If you're equipped with [RealPlayer® software](#), you can listen to KUSP-FM's streaming audio feed in RealAudio® format from anywhere in the world by following [this link](#).

Web links

Here are links to other useful sites concerning the Big Sur area:

- [Yahoo page about Big Sur](#)
- [Highway 1 Big Sur](#) - information and photographs presented by a 30-year resident of Big Sur
- [The Gate / Bay Area Backroads feature story about Big Sur](#)
- [KUSP-FM \(Santa Cruz\) pages about Big Sur](#)
- [Ventana Wilderness Alliance](#) protects wild mountain areas in the Big Sur area

[Main Page](#)

[Introduction to
Big Sur](#)

[Road Map:
Northern
Big Sur Region](#)

[Road Map:
Central
Big Sur Region](#)

[Road Map:
Southern
Big Sur Region](#)

[Big Sur
Activities, Facilities, and
Services](#)

[Big Sur
Road Conditions and Driving Tips](#)

[Big Sur:
California State Park System](#)

[Big Sur:
Other Information](#)

